

# Bionic Bars

**Makes:** 48 or 192 servings

Ingredients	48 Servings		192 Servings	
	Weight	Measure	Weight	Measure
Canned pinto beans, drained	1 lb 5 oz		5 lb 4 oz	
Oil	4 oz		1 lb	
Eggs	3.5 oz (2 eggs)		14 oz (8 eggs)	
Honey	6 oz		1 lb 8 oz	
Applesauce	8 oz		2 lbs	
Whole wheat flour	8 oz		2 lbs	
Baking soda		1 tsp	.5 oz	1 Tbsp + 1 tsp
Cinnamon		2 tsp	.66 oz	2 Tbsp + 2 tsp
Allspice, ground		1 tsp	.24 oz	1 Tbsp + 1 tsp
Cloves, ground		1 tsp	.37 oz	1 Tbsp + 1 tsp
Chocolate chips	3.6 oz		14.4 oz	
Raisins	3.6 oz		14.4 oz	

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>88</b>	
Total Fat	3.8 g	
Protein	1.6 g	
Carbohydrates	NA	
Dietary Fiber	0.75 g	
Saturated Fat	NA	
Sodium	124 mg	

## Directions

1. In large mixing bowl, combine beans, oil, eggs, honey, and applesauce.
2. In another bowl, combine flour, baking soda, and spices.
3. Stir liquid mixture into dry ingredients.
4. Fold in chocolate chips and raisins.
5. Pour evenly into lightly greased pan(s) and bake at 350 F for 30-35 minutes.
6. Cool 10 minutes and cut into bars. Cut 12 x 18 inch pan 6 x 8, or cut 18 x 26 pan into 8 x 12.

## Notes

Serving Tips:

\*Mash the beans first